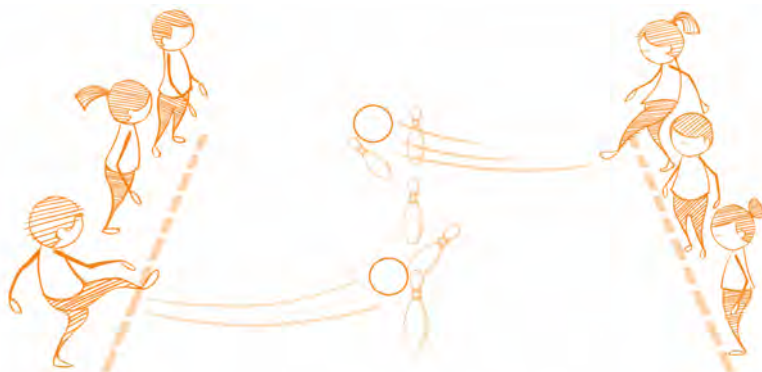


## Description of Activity

Arrange pupils in two groups. Line the two groups up facing each other fifteen metres apart with a line of skittles/water bottles down the middle as targets. The aim of the activity is to knock over a target in the middle of the court by kicking a football at it. Ensure that there are enough footballs to keep the activity flowing and that there is an odd number of targets to decide a winner. Pupils must remain behind their kicking line at all times and the activity continues until all targets are knocked.



## Variations

- Arrange pupils into more than two groups in grids spaced out around the playing area.
- Increase or decrease the distance between the two lines.
- Vary the size of targets used.
- Pupils must kick the ball first time to practise engaging with a moving object.

## Equipment

An open playing area, footballs, cones and skittles, large cones, water bottles



- Ensure pupils kick the ball low along the ground.
- Ensure all pupils get a turn.
- If a pupil successfully knocks over a target, they claim that target and bring it to their side.



- Set out some targets at home and practise knocking them over from various distances.



dhá fhoireann • scidilí nó buidéal uisce • a leagadh • liathróid • ciceáil • taobh thiar den líne

## Description of Activity

Arrange pupils in groups of four, with one ball per group. A straight line of four cones is set out at five metre intervals for each group. Invite each pupil to stand at one cone in the line. The ball begins with the pupil at the first cone and is kicked to the next pupil at the second cone, who in turn kicks it to the third cone. When the ball reaches the fourth cone that pupil must dribble the ball back to the first cone and repeat the process.

Whilst the ball is being dribbled back each pupil moves forward to the next cone.



## Variations

- Vary the distance between cones.
- Vary the kicking foot each time.
- Groups can compete against the clock or other groups.

## Equipment

An open playing area, mini footballs, cones



- Pass the ball gently rather than kicking as hard as possible.
- Extend the arm of the non-kicking foot to maintain balance.
- Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Practise dribbling a ball at home. Set out obstacles and dribble around them.



- ceathrar le chéile • líne de cóin • liathróid a chiceáil • céad duine eile • druibleáil • bogann gach dalta ar aghaidh

## Description of Activity

Use seven cones to set out a large circle, as large as the playing area allows. Number the cones one to seven. Arrange pupils in equal groups with about eight pupils in each group (vary the numbers and cones to suit your class group). Number pupils in each group one to eight. Invite pupils to stand at the cone that matches their number, so pupil one stands at cone one and so on. There will be more than one pupil at each cone depending on how many groups there are. The eighth pupil in each group takes a ball. Invite these pupils to stand at different cones, e.g. cones one, three, five and seven (to spread them out). They start the activity by kicking the ball to the pupil in their group that is standing at the next cone, and running to take their space. The pupil that receives the ball then kicks it to the pupil in their group who is standing at the next cone, and again runs to take their place. The activity is completed when all pupils are back to their original starting places, and the ball has travelled around the circle seven times.



## Variations

- Give different coloured bibs to each group to make it easier to see who is on which group.
- If the playing area allows, have three or four individual circles, instead of having all pupils moving around the same circle.
- Decrease the number of pupils in each group.
- Use different types of balls, e.g. tennis ball, rugby ball, gaelic football, soccer ball and a variety of kicks, e.g. kicking from the hand, kicking off either foot.

## Equipment

An open playing area, cones, footballs



- At first, pupils can perform the activity at a jog, and once comfortable encourage them to run.



- In your PE journal, draw a picture of a sports star who uses kicking as part of their sport.



- ciorcal • seacht gcóin • dalta a haon • cón a haon • ciceáil • taisteal go dtí a gcón

## Description of Activity

Use cones to set out a designated playing area. Arrange pupils in pairs (A and B). Pupil A acts as a mouse and pupil B acts as a cat. Pupils line up around the playing area beside their partner with one ball between them. The teacher calls out an animal (cat or mouse) and those pupils dribble the ball into the playing area with their feet. On a signal the other animal runs into the area, finds their partner and tries to take possession of the ball. Repeat the sequence so that all pupils have a turn as both attacker and defender.



## Variations

- Vary the locomotor skill used to travel around the area.
- Progress the activity to groups of four with two versus two, e.g. two mice and two cats.
- Set up a target line. On a second signal, the pupil with the ball must dribble their ball over the line to score a point.

## Equipment

An open playing area, cones, balls (one between two pupils)



- Ensure there is adequate space between pairs.
- Rotate partners regularly, encouraging pupils to engage with pupils of varying ability.



- Ask a grown-up to help you to search online for a picture/video of a footballer kicking a ball. In your PE journal, list three things you notice about their kicking technique.



ag obair i mbeirteanna • luch • cat • glaotar amach ainmhí • ag druibleáil • le séideadh na feadóige • seilbh a ghabháil ar an liathróid • tosaithe • cúlaithe

## Description of Activity

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score.



## Variations

- Use this activity to practise throwing or striking with an implement.
- Vary the numbers on the target, or the overall target score.
- Time the activity and invite pupils to beat their highest score on the second attempt.
- Pupils can achieve double points by attempting a score with their non-dominant foot.

## Equipment

A large open playing area, large balls, cones or spot markers, tape/chalk



- Ensure groups are adequately spaced and there are no hazards in the playing area.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Demonstrate the teaching points of kicking that you learned today for somebody at home.



- spotáí tarraingte • triúr nó ceathrar • i gcoinne • scór a bhaint amach • liathróid • ciceáil

## Description of Activity

Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line.



## Variations

- Move the cone one metre closer to the wall if pupils continuously miss.
- Kick from left or right of the cone, the wider the distance, the more difficult the challenge.
- If space allows, arrange pupils in pairs, taking every second turn.

## Equipment

An open playing area, cones or skittles and footballs



- Discuss safety with pupils and ensure that they are an adequate distance apart when kicking. Also stress the importance of controlling the force of the kick.



- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Practise kicking in the yard with a partner. Think about the teaching points for kicking and give your partner feedback on things they are doing well and others they can improve.

ciceáil • balla • preab ar ais • scidil a bhualadh • méadar níos cóngaraí

## Description of Activity

Arrange pupils in groups of five with three footballs and one tennis ball per group. Three pupils line up side by side with a football each. The other two pupils will stand out in front as per the diagram. The leader will roll the tennis ball along the line in front of the three pupils. Challenge the three pupils to kick their football in an attempt to hit the moving target as it goes past them. A second leader will throw the tennis ball back along the line. Pupils who successfully hit the target ball can swap position with the leader and repeat the activity. The leader should roll the target ball softly to begin.



## Variations

- Vary the size of the target ball, e.g. beach ball or large ball.
- Kick the target ball instead of throwing it.
- Vary the speed of the target ball.

## Equipment

An open playing area, mini footballs, tennis balls, cones



- Time the kick rather than kicking as hard as possible.
- Focus on your own football when kicking.
- Playing alongside a wall allows a quicker retrieval of the ball.



- Practise this activity at home with a family member.



liathróid peile • liathróid leadóige • in aice lena chéile • liathróid a rolladh • liathróid a bhualadh • suíomh a mhalartú • ceannaire

## Description of Activity

Arrange pupils in pairs (A and B) and give one ball to each pair. Set up a target/goal at a fence or wall using tall cones or poles. Pupil A attempts to kick the ball from their hands to hit the target. Pupil A collects the ball returns it to pupil B who repeats the process. Award a score for successfully hitting a target. Swap roles after a set amount of time.



## Variations

- Vary the width of target selected.
- Vary the kicking foot each time.
- Place a tall marker in the centre of the gate and challenge pupils to knock over the marker.
- Vary the distance between pupils and their target.
- If a pupil experiences difficulty kicking the ball from their hands, they may strike from ground.

## Equipment

An open playing area, mini footballs, cones, spot markers, poles, tall cones or markers



- If space is an issue use groups of four but ensure there is adequate space between each group.
- Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Recreate this activity at home. Collect and reuse water bottles, boxes, etc, and play with a family member.



- ag obair i mbeirteanna • na cuailí • liathróid a chiceáil óna lámha • targaid a bhualadh